

Mental Health Resources

Mental Health Resources

Information on mental health resources, crisis services, domestic and sexual violence services, and resources for seniors and people with disabilities.



Delaware Hope Line



1-833-9-HOPEDE or 1-833-946-7333: [Operated 24/7 by the Department of Health and Social Services](#) to connect Delawareans to resources and information, including support from clinicians and peer specialists plus crisis assistance.

Text: DEHOPE to 55753 for behavioral health tips and reminders.

Crisis Services

These adult behavioral health and child services are 24/7:

[Adult Protective Services](#)

1-800-223-9074

Addiction and Mental Health Mobile Crisis Hotline

Northern Delaware: 1-800-652-2929

Southern Delaware: 1-800-345-6785

[Help Is Here Delaware](#)

New Castle County: 800-652-2929

Kent and Sussex Counties: 800-345-6785

[Report Child Abuse and Neglect](#)

Call 1-800-292-9582 or [report online at iseethesigns.org](https://www.iseethesigns.org)

Child Priority Response Hotline (mental health or substance abuse)

Call 1-800-969-4357

Youth can also text DE to the number 741741.

Sexual Violence Services

National Teen Dating Violence Services:

[loveisrespect](http://loveisrespect.org)

Call 1-800-799-7233

Text LOVEIS to 22522

Live web chat is available

Delaware Rape Crisis Hotlines:

YWCA Delaware, Sexual Assault Resource Center

New Castle and Sussex Counties: 800-773-8570

ContactLifeline, Inc

Kent and Sussex Counties: 1-800-262-9800

University of Delaware Sexual Offense Support:

A 24 hour helpline for UD students and staff: 302-831-1001 and press 1

National Rape Crisis Hotlines:

[RAINN \(Rape, Abuse & Incest National Network\)](http://RAINN.org)

1-800-656-HOPE

[Male Survivors of Rape](http://MaleSurvivors.org)

1-800-773-8570

Live web chat is available

Domestic Violence

[CHILD Inc.'s Domestic Violence Program](#)

New Castle County

Multilingual

302-762-6110

CHILD Inc's Domestic Violence Advocacy Program (DVAP) to assist petitioners through the Protection From Abuse (PFA) process: 302-255-2609

[The SAFE Program at People's Place II](#)

Kent & Sussex Counties

Bilingual English / Spanish

302-422-8058

[Abriendo Puertas Bilingual Hotline](#)

Sussex County

Bilingual English / Spanish

302-745-9874

[Dover Air Force Base, Family Advocacy Program](#)

302-677-2711

Limited to those receiving military medical benefits and their dependents.

[Delaware 24-hour Child Mental Health Mobile Crisis \(under age 18\)](#)

800-969-4357

Crisis Text Line: Text DE to 741741

Child Priority Response services are available to any child physically present in the state who is under the age of 18 and is determined to be "at imminent danger to self or others as a result of a mental health or substance abuse disorder"

Delaware State Police Victim Services

Toll Free Hotline: 1-800-VICTIM-1

The Victim Service staff is prepared to assist victims, witnesses and families.

Family Court for Protection From Abuse (PFA) Orders during COVID.

National Teen Dating Violence Services:

[loveisrespect](#)

Call 1-800-799-7233

Text LOVEIS to 22522

Live web chat is available

Seniors and People with Disabilities

Delaware Aging and Disability Resource Center

Provides information and resources for seniors, adults with physical disabilities and their families. [Visit their website](#) or contact by phone: 1-800-223-9074